Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application.

Listing of Claims:

Claim 1. (currently amended) A high tensile cold-rolled steel sheet consisting essentially of 0.04 to 0.13% C, 0.3 to 1.2% Si, 1.0 to 3.5% Mn, 0.04% or less P, 0.01% or less S, 0.02 to 0.07% Al 0.005% or less N, 0.2% or less Cr, by mass, and a balance of Fe and inevitable impurities; having a microstructure containing 50% or larger area percentage of ferrite and 10% or larger area percentage of martensite, and having a ratio of intervals of the martensite in the rolling direction to those in the sheet thickness direction of 0.85 to 1.5; and having a nano strength of the martensite of 8 GPa or larger.

Claim 2. (currently amended) The high tensile cold-rolled steel sheet as in claim 1 further containing at least one element selected from the group consisting of [[0.5%]] ~~or less Cr~~[[,]] 0.3% or less Mo, 0.5% or less Ni, and 0.002% or less B, by mass.

Claim 3. (original) The high tensile cold-rolled steel sheet as in claim 1 further containing at least one element selected from the group consisting of 0.05% or less Ti and 0.05% or less Nb, by mass.

Claim 4. (original) The high tensile cold-rolled steel sheet as in claim 2 further containing at least one element selected from the group consisting of 0.05% or less Ti and 0.05% or less Nb, by mass.

Claim 5. (currently amended) A method for manufacturing a high tensile cold-rolled steel sheet, comprising the steps of: hot-rolling a steel slab consisting essentially of 0.04 to 0.13% C, 0.3 to 1.2% Si, 1.0 to 3.5% Mn, 0.04% or less P, 0.01% or less S, 0.02 to 0.07% Al, 0.005% or less N, 0.2% or less Cr, by mass, and a balance of Fe and inevitable impurities, into a steel sheet, followed by coiling at a coiling temperature ranging from 450°C to 650°C; cold-rolling the coiled steel sheet at a cold-rolling reduction ranging from 30 to 70%; annealing the cold-rolled steel sheet by heating to a temperature range of [the coiling temperature + the cold-rolling reduction percentage x 4.5] to [the coiling temperature + the cold-rolling reduction percentage x 5.5] (°C); and cooling the annealed steel sheet to a

temperature of 340°C or below at an average cooling rate of 10°C/s or higher, thereby manufacturing a high tensile cold-rolled steel sheet having a microstructure containing 50% or larger area percentage of ferrite and 10% or larger area percentage of martensite, and a ratio of intervals of the martensite in the rolling direction to those in the sheet thickness direction of 0.85 to 1.5; and having a nano strength of the martensite of 8 Gpa or larger.

Claim 6. (currently amended) The method for manufacturing a high tensile cold-rolled steel sheet as in claim 5, wherein the steel slab further contains at least one element selected from the group consisting of [[0.5%]] ~~or less Cr~~[[,]] 0.3% or less Mo, 0.5% or less Ni, and 0.002% or less B, by mass.

Claim 7. (currently amended) The method for manufacturing a high tensile cold-rolled steel sheet as in claim 5, wherein the steel slab further contains at least one element selected from the group consisting of 0.05% or less Ti and 0.05% or less Nb, by mass.

Claim 8. (currently amended) The method for manufacturing a high tensile cold-rolled steel sheet as in claim 6, wherein the steel slab further contains at least one element selected from the group consisting of 0.05% or less Ti and 0.05% or less Nb, by mass.